Thank You for Helping

This project is designed to help students express gratitude to helpers and to recognize that many people help without expecting anything in return.

Caring Sub-Concept(s)
Gratitude, Helpfulness, Kindness

Project Timeframe
25-30 minutes

Required Materials
- Thank you card template
- Markers
- Black/white board

Instructions:
- Handout the thank-you card template.
- Encourage students to use the prompts on the card and then write one or two sentences thanking this helper for how they help in their community.
- Sentence #1 begins with “Thank you for…”
- Sentence #2 begins with “You care for others by…” Help students think of ways these people help if they need assistance with ideas, words, etc.
- Encourage students to draw a picture of their selected helper doing his or her job. Remind students that helpers can be boys and girls (doctors can be girls and nurses can be boys, for example). Helping knows no gender!

Extension Ideas:
- If you have students who are technologically-minded, you could select a single group of helpers (like the local fire department) and create a short thank-you video. Or, break students into small groups so each group can create a video for different groups of helpers.
- Students could also create and send free e-cards if you want to add a layer of technology but keep the focus on writing and sending a card.
- When you send the cards, consider asking for a response; this could be an email, a note back, a video, or some other response that shows students that their notes were received and how the helpers appreciated being recognized.
The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SEl ect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

https://casel.org/guide/kindness-in-the-classroom/
THANK YOU, HELPER!
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Dear Helper:

Thank you for __________________________

__________________________________________________________________________

You care for people by __________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Your friend,

__________________________